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In The Claims:

Claim 1 (Currently Amended): A handle for a lacrosse stick and mounting a lacrosse head thereon, comprising:

a hollow tube for attachment to the lacrosse head, said hollow tube having an outer surface and an inner surface; and[[;]]

a reinforcing insert coupled to said inner surface substantially around a circumference of said inner surface at a given location for strengthening said hollow tube; [[.]]

wherein said reinforcing insert comprises a layer coupled to said inner surface of said hollow tube for defining a generally uniform inner cavity along the length of said reinforcing insert and minimizing the weight of the handle.

Claim 2 (Currently Amended): The handle of claim 1 wherein said reinforcing insert ~~is coupled to said inner surface and~~ extends substantially across a length of said hollow tube.

Claim 3 (Currently Amended): The handle of claim 1 wherein said reinforcing insert is coupled to said inner surface of said hollow tube ~~said insert and extends~~ substantially around an inner circumference ~~a lateral periphery~~ of said hollow tube.

Claim 4 (Original): The handle of claim 1 wherein said reinforcing insert is coupled to a top end portion of said hollow tube.

Claim 5 (Original): The handle of claim 1 wherein said reinforcing insert is coupled to an intermediate portion of said hollow tube.

Claim 6 (Original): The handle of claim 1 wherein said reinforcing insert is coupled to a bottom end portion of said hollow tube.

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Claim 7 (Currently Amended): The handle of claim 1 wherein said reinforcing insert is comprised of a fiberglass material.~~a substantially rigid non-deformable material.~~

Claims 8-10 (Cancelled)

Claim 11 (Currently Amended): A handle for a lacrosse stick and mounting a lacrosse head thereon, comprising:

a hollow tube for attachment to the lacrosse head, said hollow tube having an outer surface and an inner surface; and;

a reinforcing insert coupled to said inner surface for strengthening said hollow tube and ~~said reinforcing insert being comprised of a deformable material for~~ absorbing vibrations in said hollow tube[.]

wherein said reinforcing insert comprises a layer coupled to said inner surface of said hollow tube for defining a generally uniform inner cavity generally in the middle of and along the length of said reinforcing insert and minimizing the weight of the handle;

wherein said layer is a bladder membrane and said inner cavity is filled with a semi-fluid for absorbing vibrations in said hollow tube.

Claim 12 (Cancelled)

Claim 13 (Currently Amended): The handle of claim 11 wherein said reinforcing insert ~~is coupled to said inner surface and~~ extends substantially across a length of said hollow tube.

Claim 14 (Currently Amended): The handle of claim 11 wherein said reinforcing insert is coupled to said inner surface of said hollow tube ~~said insert and extends~~ substantially around an inner circumference ~~a lateral periphery~~ of said hollow tube.

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Claim 15 (Original): The handle of claim 11 wherein said reinforcing insert is coupled to a top end portion of said hollow tube.

Claim 16 (Original): The handle of claim 11 wherein said reinforcing insert is coupled to an intermediate portion of said hollow tube.

Claim 17 (Original): The handle of claim 11 wherein said reinforcing insert is coupled to a bottom end portion of said hollow tube.

Claims 18-20 (Cancelled)

Claim 21 (New): The handle of claim 1 wherein two reinforcing inserts respectively are coupled to a top end portion and a bottom end portion of said hollow tube with an intermediate portion of said hollow tube not being supported by said reinforcing inserts.

Claim 22 (New): The handle of claim 2 wherein said reinforcing insert has a variable thickness across said length of said hollow tube.

Claim 23 (New): The handle of claim 22 wherein said variable thickness of said reinforcing insert includes a substantially thick portion at a top end portion of said hollow tube.

Claim 24 (New): The handle of claim 22 wherein said variable thickness of said reinforcing insert includes a substantially thick portion at a bottom end portion of said hollow tube.

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Claim 25 (New): The handle of claim 11 wherein two of said reinforcing inserts respectively are coupled to a top end portion and a bottom end portion of said hollow tube with an intermediate portion of said hollow tube not being supported by said reinforcing inserts.

Claim 26 (New): A handle for a lacrosse stick, comprising:

a hollow metal tube having a first end for engagement with a lacrosse head and a second end opposing said first end;

said hollow metal tube having an inner surface and an outer surface, an insert disposed within said hollow metal tube and in engagement with said inner surface around substantially an entire circumference along at least a portion of said hollow metal tube;

wherein said insert is comprised of a non-metal material and is lightweight;

whereby said insert provides increased strength for said hollow metal tube without substantially increasing the weight.

Claim 27 (New) The handle of claim 26 wherein said insert consists of a layer coupled to said inner surface that defines an inner cavity within said insert to further minimize the weight of the handle.

Claim 28 (New) The handle of claim 26 wherein said insert extends substantially along a length of said inner surface of said hollow metal tube.

Claim 29 (New) The handle of claim 26 wherein said insert is coupled to said inner surface adjacent said first end.

Claim 30 (New) The handle of claim 26 wherein said insert is coupled to said inner surface adjacent said second end.

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Claim 31 (New) The handle of claim 26 wherein said insert is constructed of a foam material.

Claim 32 (New) The handle of claim 27 wherein said layer has a substantially uniform thickness.

Claim 33 (New) The handle of claim 27 wherein said insert is coupled to said inner surface substantially along a length of said hollow metal tube and wherein said insert has a variable thickness.

Claim 34 (New) The handle of claim 33 wherein said insert has a thickness that is larger on one half of the handle than the other half.